

The Senior Connection

NEWS and EVENTS from the
Howard County Office on Aging

Department of Citizen Services

Volume 6, No. 6 • June 2016

Heighten Awareness to Curb Elder Abuse

June 15 is Elder Abuse Awareness Day

Older people today are more visible, more active, and more independent than ever before. They are living longer and are in better health. But as the population of older Americans grows, so does the hidden problem of elder abuse.

Every year an estimated five million older Americans are victims of physical, psychological, or other forms of abuse and neglect. For every case reported to authorities, experts estimate as many as 23 cases go undetected. Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older or vulnerable adult (one who lacks the physical or mental capacity to provide for his or her activities of daily living).

Abuse can occur at the hands of a stranger, a caregiver or a person the elder trusts. In 2015, one in 10 elders reported emotional, physical, or sexual abuse or potential neglect. Many cases are not reported because elders are afraid or unable to tell police, friends or family about the violence. Victims often have to decide whether to tell someone they are being hurt or continue being abused by someone they depend upon or care for deeply.

What is financial abuse?

Financial abuse is the theft or embezzlement of money or any other property from an elder. It can be as simple as taking money from a wallet and as complex as manipulating a victim into turning over property to an abuser. This form of abuse can be devastating because an elder victim's life savings can disappear, leaving them unable to provide for their needs. It is the fastest growing form of abuse and considered "the crime of the 21st century."

Financial exploitation may be committed by a person the victim knows or by a stranger. Financial abuse by a known person (friend, family, caregiver, or power of attorney) includes stealing cash, jewelry and other items; forging an elder's signature; unauthorized use of ATM, credit cards or bank accounts; and obtaining property by coercion, misrepresentation or undue influence.

Financial abuse situations more likely to be committed by strangers include con-artists misrepresenting organizations such as charities, sweepstakes or foreign lotteries; scams such as the grandparent or sweetheart scams; identity theft; medical or health care fraud; and home improvement scams.

Warning signs of financial exploitation may include:

- significant withdrawals from the elder's account(s);
- suspicious changes in wills, power of attorney, titles and insurance policies;
- caregivers or beneficiaries who refuse to use funds for care;
- failure to provide amenities, pay bills or provide medical care the victim can afford;
- sudden changes in the elder's financial condition; and
- purchasing unnecessary services, goods or subscriptions.



2016
WORLD ELDER ABUSE
AWARENESS DAY

If you suspect that a vulnerable adult is being abused or exploited, call Howard County Adult Protective Services at 410-872-8823 and Howard County Police Department at 410-313-2200.

To learn more about what you can do to avoid becoming a victim, contact Maryland Access Point at 410-313-5980 or the Howard County Office of Consumer Affairs at 410-313-6420.

A Message from

Starr P. Sowers

Administrator, Office on Aging



The older population in America will increase dramatically as baby boomers reach age 65. By 2030, there will be about 72.1 million older people, almost 20 percent of the total population!

The challenges presented by an aging population are many; elder abuse, neglect, and exploitation are among the most serious issues facing older adults. World Health Organization data suggests that 4 to 6 percent of older adults suffer from some form of abuse, a large percentage of which goes unreported. To help spread awareness of this alarming trend, the United Nations sponsors World Elder Abuse Awareness Day each year on June 15 to focus global attention on the physical, emotional, and financial abuse of older adults.

Elder abuse can happen to anyone – a loved one, a neighbor, and yes, it can happen to you. Financial exploitation is the most common type of elder abuse. It is estimated that elders throughout the United States lose a minimum of \$2.9 billion annually due to financial abuse and exploitation. By educating yourself about the most common forms of financial abuse and scams, you can protect yourself from becoming a victim. Howard County's Office of Consumer Affairs regularly issues alerts and fact sheets about current scams in our area. Visit www.howardcountymd.gov/consumer to learn more.

Learn how to recognize, stop and report elder abuse by visiting www.howardcountymd.gov/eldersafety. Heightened awareness of the signs of physical and financial abuse will help protect vulnerable members of your community. Reach out to those at risk, and report suspected abuse by calling 911 or contact one of the agencies listed on our website.

For more information, contact Maryland Access Point of Howard County at map@howardcountymd.gov; or call 410-313-5980 (voice/relay); or visit our website at www.marylandaccesspoint.info.

Support for LGBT Older Adults in Howard County

By Jessica Rowe, LCSW-C

Many lesbian, gay, bisexual, and transgender older adults face discrimination and isolation that can prevent them from experiencing the best that life has to offer. Whether they have been in the closet for much of their lives, or feel forced back into the closet as they age, they are often invisible in our community. Lesbian, Gay, Bisexual and Transgender Pride Month (LGBT Pride Month) is celebrated during the month of June to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally. A number of recent efforts in Howard County are committed to "making the invisible visible." These include:

LGBT Older Adults Task Force of Howard County

In March 2014, a group of professionals and community members began meeting to provide education, outreach, information, resources, and events with the mission "to improve quality of life for LGBT older adults by decreasing discrimination and social isolation and increasing access to information and resources to promote greater equality." The Task Force meets monthly in Howard County and is open to all LGBT affirming individuals and community partners. Contact Sue Garner at lgbthoco@gmail.com or 443-745-8294 for more information.

50+ LGBT Group

Begun in October 2014 to provide a place for LGBT older adults to meet and share information and experiences, the 50+ LGBT group is open to all LGBT adults age 50+, and meets on the first Thursday of the month from 6 to 8 p.m. at the Bain 50+ Center. For more information contact Jessica Rowe, LCSW-C at 443-980-2914 or jessicarowe100@gmail.com.

Services and Advocacy for GLBT Elder's Caring and Preparing Program (SAGECAP)

Offered through the LGBT Health Resource Center at Chase Brexton, SAGECAP provides education, resources, and support for LGBT adults 50+ and LGBT caregivers. Services include support groups, one-on-one counseling, information and referrals, financial, legal and medical assistance, and education and training targeted toward service providers. This program is housed at Chase Brexton in Baltimore City, but is available to all. Contact Bethany Henderson at 410-837-2050, ext. 1216 or bhenderson@chasebrexton.org for more information.

PREPARE TO CARE

FAMILY SHARED AGING OPTIONS

Designed for adult children to learn about services and programs available for aging family members.

- How to Start the Conversation
- Services to Assist with Aging in Place
- Assisted Living & Nursing Facility Options
- Ways to Assess Needs and Design a Plan



www.howardcountymd.gov/familyinstitute

Tuesday, June 7 • 6:30 - 8 p.m.

East Columbia 50+ Center
6600 Cradlerock Way
Columbia 21045

REGISTER BY PHONE
410-313-1440

Are You & Your Pet Ready to Share Your Hearts?

Paws4Comfort fosters special bonds between pets, their owners and the County residents they visit.

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:



Ingrid Gleysteen
PROGRAM COORDINATOR

PHONE 410-313-7461 (voice/relay)

EMAIL igleysteen@howardcountymd.gov



PET EVALUATIONS are held at 7:00 PM
on the 1st Thursday of each month

June 2 • July 7 • Aug 4 • Sept 8
Oct 6 • Nov 10 (2nd Thurs) • Dec 8

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044



www.howardcountymd.gov/aging

Seniors Together

CONNECT • LEARN • GROW

Moment to Honor

Honor the memory of your loved ones through quiet reflection, live music and a group commemorative activity. Light refreshments. RSVP no later than May 27.

Wednesday, June 1 • 10:30 - 11:30 a.m.
Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

Luncheon at Timbuktu

Choose an entrée: crabcake (\$20), chicken scampi (\$18) or baked ziti (\$16). Includes dessert, coffee/tea and gratuity. Register no later than July 7.

Thursday, July 14 • 11:30 a.m. - 1:30 p.m.

Contact Elaine Widom

410-313-7353 (VOICE/RELAY) • ewidom@howardcountymd.gov



The Senior Connection is published monthly by the Howard County Department of Citizen Services and the Office on Aging.

This publication is available in alternate formats upon request.

To join our subscriber list, email seniorconnection@howardcountymd.gov

Howard County Office on Aging, 6751 Columbia Gateway Dr., Columbia, MD 21046

410-313-6410 (VOICE/RELAY) • www.howardcountyaging.org

Find us on  www.Facebook.com/HoCoCitizen

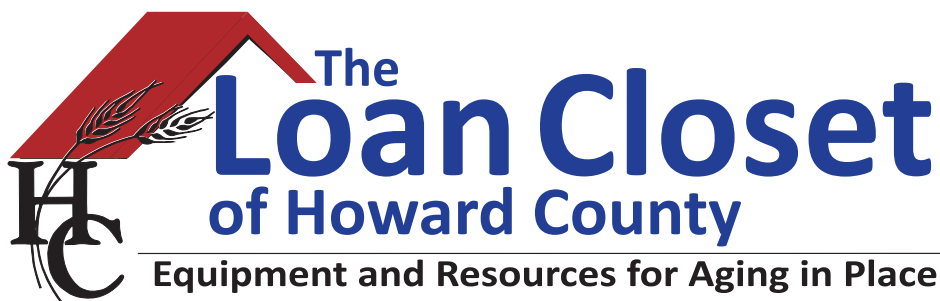
Kim Higdon Henry, Senior Connection Editor
kahenry@howardcountymd.gov

Advertising contained in the Beacon is not endorsed by the Howard County Office on Aging or by the publisher.

The Loan Closet is expanding and we are *almost* ready to OPEN!

The Loan Closet is currently accepting **DONATIONS** of GENTLY USED MEDICAL EQUIPMENT. Call 410-313-0363 to facilitate donations.

The **Loan Closet** is a local clearinghouse of donated medical equipment — for those who cannot afford these items or simply have a short-term need, as well as those who may no longer need their equipment.



Equipment and Resources for Aging in Place

Long Reach Village Center, 8775 Cloudleap Court, Suite #11,
Columbia, MD 21045 • loancloset@howardcountymd.gov
410-313-0363 (VOICE/RELAY) • 410-313-0369 (FAX)

www.howardcountymd.gov/loancloset

Tax-deductible donations help underwrite the operation of the Loan Closet. Financial contributions assist in the cost of care for equipment and to purchase new items as needed. All monetary donations are to be made payable to the Director of Finance, Howard County.

The **Loan Closet** provides and accepts donations of:

- Bathing Aids
- Canes
- Electric Wheelchairs
- Hoyer Lifts
- Manual Wheelchairs
- Modular Ramps
- Portable Ramps
- Scooters
- Shower Aids
- Stairglides
- Therapy Aids
- Toilet Aids
- Walkers
- and much more!*

A COLLABORATION OF



REUSE • RECYCLE • REPURPOSE • REUSE • RECYCLE • REPURPOSE • REUSE • RECYCLE • REPURPOSE

START LIVING WELL TODAY!

Living Well with Diabetes

Chronic conditions **CAN** be managed with our 6-week **LIVING WELL** program!

**Medical Pavilion at Howard County
Wellness Center, Roxbury Mills**

TUESDAYS • 6:00 - 8:30 PM

July 5, 12, 19, 26 AND August 2, 9

\$28 includes 15 hours of workshop and all materials

TOPICS COVERED:

- Techniques to Handle Pain, Fatigue, Frustration and Isolation
- Maintaining a Balanced Blood Sugar
- Nutrition & Healthy Eating
- Appropriate Exercise
- Communication Skills
- Stress Management
- Skin and Foot Care
- Glucose Monitoring
- Goal Setting

To register, request accommodations, or for more information, contact:

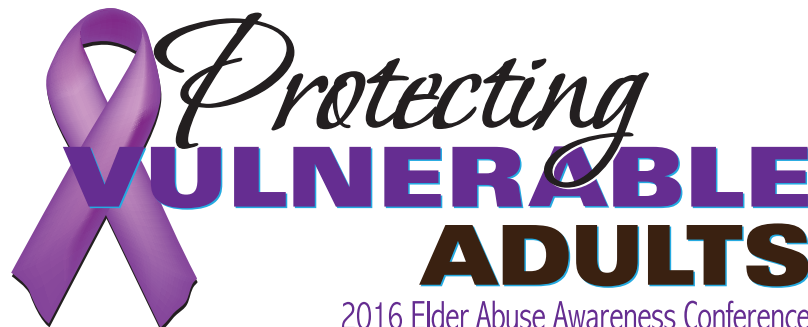
WENDY FARTHING
wfartthing@howardcountymd.gov

410-313-3506 (VOICE/RELAY)



www.howardcountymd.gov/livingwell

REGISTRATION NOW OPEN!



Advocates | Fiduciaries | First Responders | Medical Professionals

KEYNOTE: PAUL GREENWOOD

"Lessons Learned from a 20-Year Journey of Prosecuting Elder Abuse Cases"

Admission Fee \$40 • Limited Seating

The Howard County Mental Health Authority is an approved sponsor of the Maryland Board of Social Work Examiners for Continuing Education for licensed social workers in Maryland and maintains responsibility for this program. This training is approved for 6.0 hours of Category I continuing education units.

Monday, June 20, 2016 • 8 AM – 4 PM

APL Johns Hopkins Kossiakoff Center

11100 Johns Hopkins Road, Laurel 20723

REGISTER ONLINE AT

<http://eldersafety2016.eventbrite.com>

FOR ADDITIONAL INFORMATION:

Ofelia Ross Ott 410-313-6052 • oross@howardcountymd.gov

A partnership of the Howard County Office on Aging, Mental Health Authority and Police Department, and representing the Howard County Vulnerable Adults Committee

www.howardcountymd.gov/eldersafety

Howard County 50+ Centers

CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

JUNE

SU	MO	TU	WE	TH	FR	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Bain 50+ Center

Tuesday, June 7 • 10:30 a.m. to noon —

THE FALL OF SAIGON: PROUD AND BITTER MEMORIES

Decorated for his work during the collapse of Saigon, Tom Glenn, DPA, tells the story of the days before his last-minute escape under fire. FREE. RSVP: 410-313-7213.

Tuesday, June 14 • 10 a.m. to noon — OPERA LOVERS & LUNCH

Enjoy a comedy opera by Gaetano Donizetti, The Daughter of the Regiment, sung in English and starring Beverly Sills. Cost: \$13; register at the front desk by June 7.

Wed., June 15 • 10 a.m. to noon — ELDER ABUSE AWARENESS DAY

Each year, hundreds of thousands of older adults are abused, neglected, and exploited by family members, friends or “trusted others.” Officer André Lingham will provide tips on how to protect yourself and your family. FREE. RSVP: 410-313-7213.

Thursday, June 16 • 11 a.m. to noon —

FATHER’S DAY ROCK & ROLL BARBECUE

Celebrate Father’s Day with Gina DeSimone and The Moaners, as they sing classic rock tunes. Cost: lunch donation. Space is limited; purchase tickets by June 9.

East Columbia 50+ Center

Wed., June 8 • 11:30 a.m. — ANTIQUE APPRAISAL LUNCHEON

Dig out a coveted treasure and find out how much it’s really worth (one item per guest). \$12/person; lunch included. Register: 410-313-7680.

Sunday, June 12 • 3 p.m. — SHOWTIME SINGERS

Join us for this wonderful Sunday concert by the Showtime singers. Get your ticket and prepare to be dazzled! FREE.

Wed., June 15 • 11:30 a.m. — RAIN BARREL WORKSHOP

Learn how and why a rain barrel could help lower your water bill, and enjoy a beautiful summer luncheon. Cost: lunch donation. Register: 410-313-7680.

Wed., June 22 • 11:30 a.m. — AARP’S LIFE REIMAGINED®

Create your own next chapter; explore options and ideas for the future. Imagine the possibilities. Cost: lunch donation. Register: 410-313-7680.

Elkridge 50+ Center

Wed., June 29 • 10:30 a.m. to 12:30 p.m. — ELDER ABUSE AWARENESS PROGRAM

Learn what you can do to recognize, prevent and report elder abuse. FREE. Register: 410-313-5192.

Friday, June 24 • 10 to 11:30 a.m. — ANDROID PHONE CLASS

Class covers the basic operations and special features of Android phones. FREE. Register: 410-313-5192.

Thursday, June 16 • 10:30 a.m. to 1:00 p.m. — FATHER’S DAY COOKOUT

Enjoy a delicious cookout featuring burgers, hot dogs, side dishes plus games and prizes for everyone. Cost: lunch donation. Register by June 8: 410-313-5192.

Ellicott City 50+ Center

Tues./Thurs., June 7 thru July 28 • 10 a.m. — WALK AND STRETCH

Enjoy a walk outdoors in the community, followed by a full body stretch indoors. Please dress for the weather, and bring a watch. Cost: \$41 for all 15 classes (no class on June 28).

Friday, June 10 • Doors Open 11:30 a.m. — HOORAY FOR LOVE

Enjoy a catered luncheon by Bon Fresco at noon; at 1 p.m., join us for a musical cabaret show featuring Leo Bianco with guest pianist, Diane Waslick. Cost: \$12; sign-up at the Front Desk.

Tuesday, June 21 • 12:30 p.m. — HEALTHY AGING TRIVIA

Join Renuka Jain, DPT, COMT from Revive Physical Therapy to play healthy aging trivia. FREE.

Wed., June 29 • 1 p.m. — MOVIE DAY: BRIDGE OF SPIES

During the Cold War, an American lawyer defends a Soviet spy in court, and helps the CIA exchange him for an American U2 plane pilot. FREE.

Glenwood 50+ Center

Monday, June 6 • 10 a.m. — MAKE UP MAVENS

Barbara Blumberg tells us about the “women” behind the makeup – Helena Rubinstein, Elizabeth Arden, Estée Lauder, Mary Kay and Avon. Cost: \$5; includes a catered lunch. Register: 410-313-5440.

Tuesdays, June 7 and 14 • 1 p.m. — C&O CANAL: THE HISTORY

Learn how the C&O Canal was planned, built and functioned, and hear about life on the canal during the Civil War from author James Rada, Jr. FREE. Register: 410-313-5440.

Wed., June 8 • Noon — GLAMOUR AT GLENWOOD

Put your best fashion foot forward and enjoy a catered lunch, music and modeling of casual clothes from Christopher and Banks. Cost: \$15; purchase tickets by June 1.

Wed., June 22 • 11 a.m. — LYRIC OPERA PRESENTS: A GRAND NIGHT OF SINGING

Hear popular songs from Rodgers and Hammerstein musicals, and learn fun facts about the composers and shows. FREE. Register: 410-313-5440.

North Laurel 50+ Center

Friday, June 3 • 10 a.m. — 5th ANNIVERSARY CELEBRATION

Celebrate the past and our future with music by the Lovestory Duo. Light refreshments provided. FREE. Information: 410-313-0380.

Monday, June 13 • 1 to 2 p.m. — TALKIN’ BROADWAY SERIES: MORE MUSICALS THE CRITICS PANNED BUT THE AUDIENCES LOVED

Follow the evolution of Broadway’s rich history through discussion and live song presentation. FREE. Information: 410-313-0380.

Tuesday, June 14 • 11 a.m. to 1 p.m. — FLAG DAY CEREMONY LUNCHEON

Learn the history of Flag Day; sing the National Anthem; and recite the Pledge of Allegiance; all presented by the American Legion Post 300. Cost: lunch donation. Call 410-313-0380 by June 8 to reserve lunch.

Wed., June 15 • 11 a.m. to 1 p.m. — DAY ON THE DECK PARTY

Celebrate Father’s Day with live music by Panama Rex and a special lunch. Tickets: \$3 plus lunch donation. Reservations: 410-313-0380.

To request accommodations to participate, contact the 50+ Center hosting the event one week in advance.